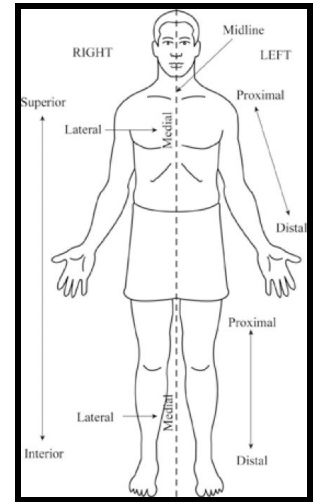


Topic 1 – Anatomical Terms (p.11-20)

- Anatomical Position: the reference point of a standard body position.
 - In the anatomical position====The body is erect with feet slightly apart. **Your palms face forward** and your thumbs point away from your body.
 - To describe body parts (position) precisely and with as few words as possible
- Directional Terms: allow us to explain where one body structure is in relation to another
- **Regional Terms:** there are 2 fundamental divisions of our body: Axial and appendicular.
 - o Axial Part: makes up the main axis of our body including head, neck, and trunk
 - o Appendicular Part: consists of appendages or limbs, which are attached to the bodies axis



● Body Planes and Sections

- o The most frequently used body planes are sagittal, frontal and transverse which lie at right angles to one another.
- o Sagittal Plane: a vertical plane that divides the body into right and left parts
 - If it's directly in the center it is called a median plane
 - If it is not directly in the center it is called a parasagittal plane (oriented towards one side)
- o Frontal (coronal) plane: they also lie vertically/ but divides the body into anterior (front) and posterior (back); also called coronal plane
- o Transverse plane: this is a horizontal plane that runs horizontally from right to left. Dividing the body into superior (top) and inferior (bottom) parts. It can also be called a cross section
- o Oblique Section: cuts made diagonally between the horizontal and vertical planes. They are often very confusing and difficult to interpret so they are hardly every used



ORIENTATION AND DIRECTIONAL TERMS

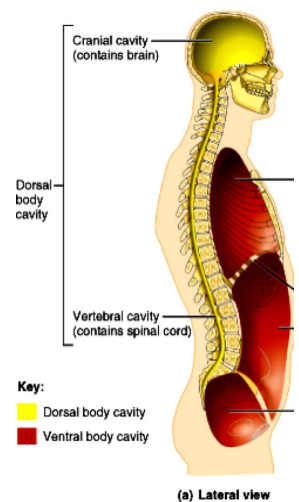
Term	Definition	Examples
Superior (cranial):	above / upper end--- Toward the head end or upper part of the body	The heard is superior to the abdomen

Inferior (caudal):	below/ lower end----- Toward the lower part of the body (away from the head)	The navel is inferior to the chin
Anterior (ventral):	toward/ front of the body (IN FRONT OF)	The breastbone is anterior to the spine
Posterior (dorsal):	behind/ back of the body(BEHIND)	The breastbone is anterior to the spine
Medial:	toward the middle of the body/ inner side	Heart is medial to the arm
Lateral:	away from the midline of the body/ outer side	The arms are lateral to the chest
Intermediate:	between a medial and lateral structure	The collarbone is intermediate between the breastbone and shoulder
Proximal:	closer to the origin of the body part/ the point of attachment	The elbow is proximal to the wrist
Distal:	farther from the origin of a body part of the point of attachment	The knee is distal to the high
Superficial:	toward or at the body surface	The skin is superficial to the skeletal muscles
Deep:	away from the body surface/ internal	The lungs are deep to the skin

***** Consulte to page 46 of the TEXTBOOK*****

- **Dorsal Body Cavity:**

- Protects the fragile nervous system organs
- Has two subdivisions: The cranial cavity and the vertebral cavity
 - Cranial Cavity: in the skull and encases the brain
 - Enclosed by the skull and houses the brain
 - Vertebral Cavity: runs within the body vertebral column, encloses the delicate spinal cord.
 - Spinal cavity is enclosed by the vertebrae and houses the spinal cord
- Both cavities are continuous and well-protected

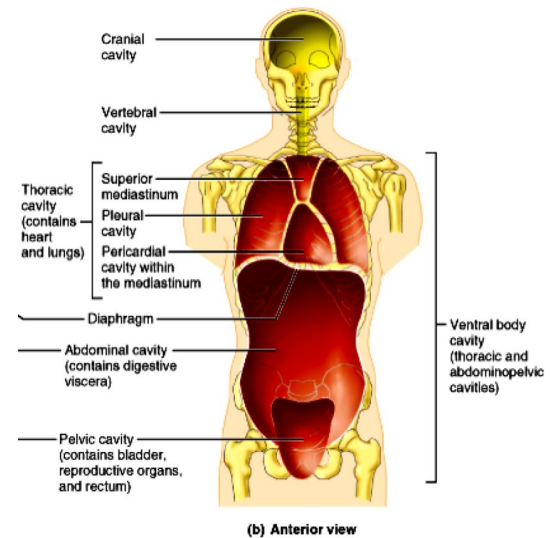


- The brain narrows to the brainstem which leads to the spinal cord (both cavities have to be continuous with one another)

- **Ventral Body Cavity:**

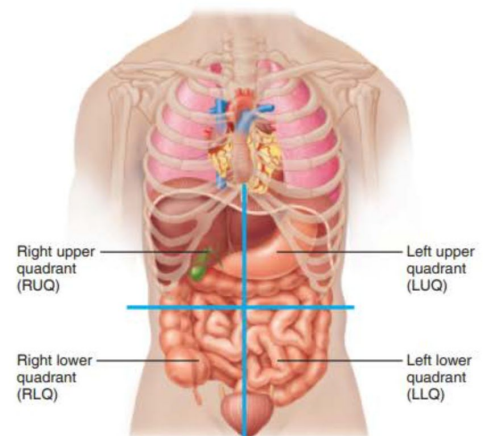
- More anterior and larger
- 2 major subdivisions:
 - **Thoracic Cavity:** superior subdivision and is surrounded by the ribs and chest muscles. It is further subdivided into lateral pleural cavities and the medial mediastinum
 - 2 lateral pleural cavities + central pericardial cavity (enclosed by the)
 - The mediastinum contains the pericardial cavity which encloses the heart and also surrounds the remaining thoracic organs
 - **Abdominopelvic Cavity:** this is separated from the thoracic cavity by the diaphragm. This has two parts. There's the superior portion, the abdominal cavity (which contains the stomach, intestines, spleen, liver, and other organs) and the inferior part, the pelvic cavity (that lies I the bony pelvis and contains the urinary bladder, reproductive organs, and the rectum) These two sections do not actually have a physical barrier.
- Houses internal organs collectively called the viscera or visceral organs

- Thoracic cavity is separated from the more inferior abdominopelvic cavity by the diaphragm
 - ◆ Diaphragm separates the thoracic and abdominopelvic cavities
- Nothing separates the abdominal and pelvic cavities(two different sections)
- The abdominal receive the least protection from physical trauma

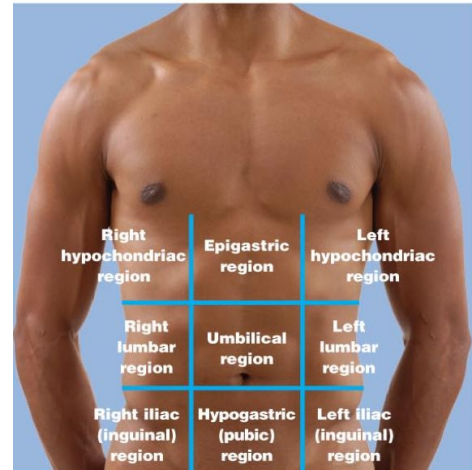


- **Abdominopelvic Quadrants:**

- The abdominopelvic cavity is large and contains several organs
- The 4 Quadrants are:
 - Right upper quadrant (RUQ)
 - Right lower quadrant (RLQ)
 - Left upper quadrant (LUQ)
 - Left lower quadrant (LLQ)



- Nine Abdominopelvic Regions:
 - Umbilical region
 - Epigastric region
 - Hypogastric (pubic) region
 - Right and left iliac or inguinal regions
 - Right and left lumbar regions
 - **Right and left hypochondriac regions**
- Other Body Cavities
 - Oral and digestive cavities
 - Nasal cavity
 - Orbital cavity
 - Middle Ear cavity



(a) Nine regions delineated by four planes